WOMEN'S MARCH IN WASHINGTON

Veteran protester gives pointers on what to pack and how to prepare

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VICKY MOCHAMA

STATUS OF WOMEN SHOULDN'T BE A DEMOTION

metroVIEWS

WORKOUT

HOW TO GET A GREAT WINTER EXERCISE IN THE GREAT OUTDOORS WITHOUT FREEZING

metroNEWS

A plea to vaccinate

OUTBREAK

Steinbach sees 10 reported cases of whooping cough last month

A medical officer of health says there is a whooping cough outbreak among unvaccinated babies in southern Manitoba.

Dr. Michael Routledge says there were 10 reported cases of whooping cough in the Steinbach area in December.

He says in almost all the cases, the babies hadn't received the vaccine for whooping cough.

Routledge, who is the medical officer for Southern Health-Sante Sud health region, says between 2010 and 2014, the number of cases in the southern region for each year was around 10 to 15.

He said the spike in whooping cough in the southern region started two years ago, with around 50 cases being reported in 2015 and 42 in 2016.

Whooping cough is a highly contagious bacterial infection, where symptoms initially resemble a mild cold, progressing to severe periods of coughing that can last for weeks.

It mostly affects infants and young children and can be fatal, especially in children less than one years old.

"Most people with whooping cough recover, but we see severe cases and that can include pneumonia and sometimes death, which is why it's part of our vaccine program," Routledge said.

Routledge said he urges everyone, especially children, to get the vaccine for whooping cough to prevent people from getting sick, or passing it to others.

"The benefits do weigh out the risks, and we encourage everyone to consider getting it," he added.

If you see your infant has a cough and it is not getting better, Routledge said it is important to see a doctor immediately.

THE CANADIAN PRESS

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Your essential daily news

Joseph Boyden sorry 'for taking up too much airtime' in discussing indigenous issues, CBC says.

Bowman: U.S.-Canada border must stay open

Mayor Brian Bowman speaks with Metro at city hall on Nov. 1, 2016. **The mayor has reiterated his concerns about what toll a Trump presidency would have on cross-border trading and, more specifically, Winnipeg's economy.** LYLE STAFFORD/FOR METRO

POLITICS

Mayor says 'Peg is a trading city' ahead of Trump inauguration

Stephanie Taylor
Metro | Winnipeg

As Donald Trump held his first press conference as U.S. president-elect Wednesday morning, Winnipeg's mayor renewed calls for the trading border with our southern neighbour to stay open.

Brian Bowman reiterated his concerns about what toll a Trump presidency would have on cross-border trading and, more specifically, our economy considering the Republican leader's anti-free trade stances.

"When it comes to our local market, it shouldn't be underestimated though how many jobs would be affected by the closing of the border," he told reporters on Wednesday.

"Winnipeg is a trading city. We are a community that relies heavily on the ability to access the U.S. market."

Bowman later took to social media to say that more than 70 per cent of Manitoba's exports are U.S.-bound, which amounts to $9.5 billion annually.

On top of supporting Ottawa's message to keep free trade agreements like NAFTA in place, Bowman says he plans to reach out to leaders in North Dakota and South Dakota to express the same.

"I anticipate we'll be reaching out to lawmakers in those communities to really support the efforts of the federal government and their messaging to the U.S. lawmakers."

> **When it comes to our local market, it shouldn't be underestimated though how many jobs would be affected by the closing of the border.** Winnipeg mayor Brian Bowman

HEALTH

Emergency rooms face flu season struggle

Jessica Botelho-Urbanski
For Metro | Winnipeg

As the city braces for the flu season's sick grip, two Winnipeg hospitals are already using overflow areas to add extra beds because of an influx of emergency room patients.

Winnipeg hospitals have seen a steep increase in the number of people heading to emergency departments, putting Concordia Hospital and Seven Oaks General Hospital over capacity, according to the Winnipeg Regional Health Authority.

"We're working as a system to accommodate the demand," said Lori Lamont, vice president and chief nursing officer for the WRHA. "At this point we're seeing approximately 100 more visits per day than usual in our emergency departments and have utilized 80 additional beds for admissions."

Extra beds are being placed in private lounges and conference rooms. "Patients who are stable and awaiting discharge home would be likely candidates for these spaces," the WRHA said in an emailed statement.

Some elective surgeries have also been postponed, though the WRHA couldn't provide the number of surgeries affected on Wednesday. Winnipeg has largely escaped the flu bug so far, but the WRHA expects the virus to hit in full force within the next six to eight weeks.

INFRASTRUCTURE

Downtown dog park going ahead despite concerns

Winnipeg's mayor has no plans to relocate a future downtown dog park despite the concerns of a property owner next door.

Brian Bowman said members of the public service are trying to put out the flames of frustration expressed by Crystal Developers Ltd., which recently opened a $70-million 25-storey apartment complex beside Bonnycastle Park, where the off-leash site is slated to go.

Company CEO Rubin Spletzer recently told Metro that the city did not consult with nearby property owners about opening the dog park.

If the dog park opens, Spletzer said his building's property value would decrease, and the current view overlooking the riverside greenery would be ruined. "I still believe it's the best location," Bowman told reporters after Wednesday's meeting of the executive policy committee. "We are thinking about downtown as a whole and not just for one particular property owner."

> **We are thinking about downtown as a whole and not just for one particular property owner.** Mayor Brian Bowman

He said members of the public service are trying to resolve the issue with the developer, which has delayed the opening of the park, slated for late 2016.

Bowman hopes any concerns can be fixed through design changes that, according to Coun. Mike Pagtakhan who chairs the committee that oversees parks, must now be submitted to the urban design advisory committee for review. "I would have preferred that they had proactively reached out to the property owners. They have since and they're doing so now," Bowman said of his administration.

During the 2014 mayoral race, Bowman campaigned on a promise to build an off-leash dog park downtown. STEPHANIE TAYLOR/METRO

TRANSIT

12 new buses to be added

Stephanie Taylor
Metro | Winnipeg

Winnipeg Transit plans to add 12 new buses to its fleet once the Southwest Transitway is complete.

"With the new corridor, we're expecting an increase in demand with the improved service," said Tanis Yanchishyn, a department finance manager, on Wednesday.

The city has already set aside $9.8 million for the purchase, according to the 2017 six-year capital budget.

Yanchishyn said the plan is to buy the buses in 2019. That coincides with the completion date for the second leg of the rapid transit line, a $467-million extension from Jubilee Avenue to the University of Manitoba.

She anticipates the buses will run in 2020.

"In order to do any service enhancements, we always have to have the buses in place first, so it just enables us to respond to an increase in demand."

Last year, city officials learned the price of building the second phase of the transit corridor had dropped by $120 million due to savings found in a public-private contract with Plenary Roads Winnipeg.

Yanchishyn couldn't say exactly how much of a ridership uptick the department is expecting once the buses are fully running.

Joseph Kornelsen, a spokesperson for citizen transit lobbyist group Functional Transit Winnipeg, believes that regardless of the expansion of the corridor, the new U-Pass at the University of Manitoba will guarantee more riders.

Besides, he said, increasing service frequency is always a good thing.

Council puts 'spotlight' on Vision Zero: Engineer

INFRASTRUCTURE

New road safety strategy to focus on no deaths goal

Braeden Jones
Metro | Winnipeg

Road safety in Winnipeg is set to evolve from "look twice before crossing the street'" to "look twice before building the street," as city council has ordered a new strategy that will put the onus on the transportation network itself to protect vulnerable users.

Prompted by Coun. Janice Lukes, the city's public works committee voted Tuesday to have city staff draft a new road safety strategy within a year.

Transportation manager Luis Escobar said he still needs to consult committee members to "flesh out a little bit what their expectations are," but he believes the request is a "positive action."

"It brings more awareness to (road safety)," he said. "From the political point of view, it shows that they (councillors) are aware of and they understand the importance of road safety. We all understand road safety is important, but sometimes we take it for granted.

"Council asking we create a road safety strategy puts the spotlight on road safety."

> **It gives more teeth, more weight to a number of projects driven specifically for road safety.**
> Luis Escobar

Escobar explained that regardless of what forms the new policy, one thing it will achieve is adding an extra box to check for transportation infrastructure projects.

"When we evaluate infrastructure projects, one element we evaluate is, 'Is this consistent with or supported by council-approved policy?'" he said. "Now we'll have that question, 'is this infrastructure project supported by this (road safety) strategy?'"

Escobar clarified that the advent of a road safety strategy in Winnipeg will not be the first time projects had to pass that test, as "higher levels of government have come up with direction for road safety" the city already had to adhere to.

But he added that, locally, a standalone strategy will put extra emphasis on designing a fail-safe system.

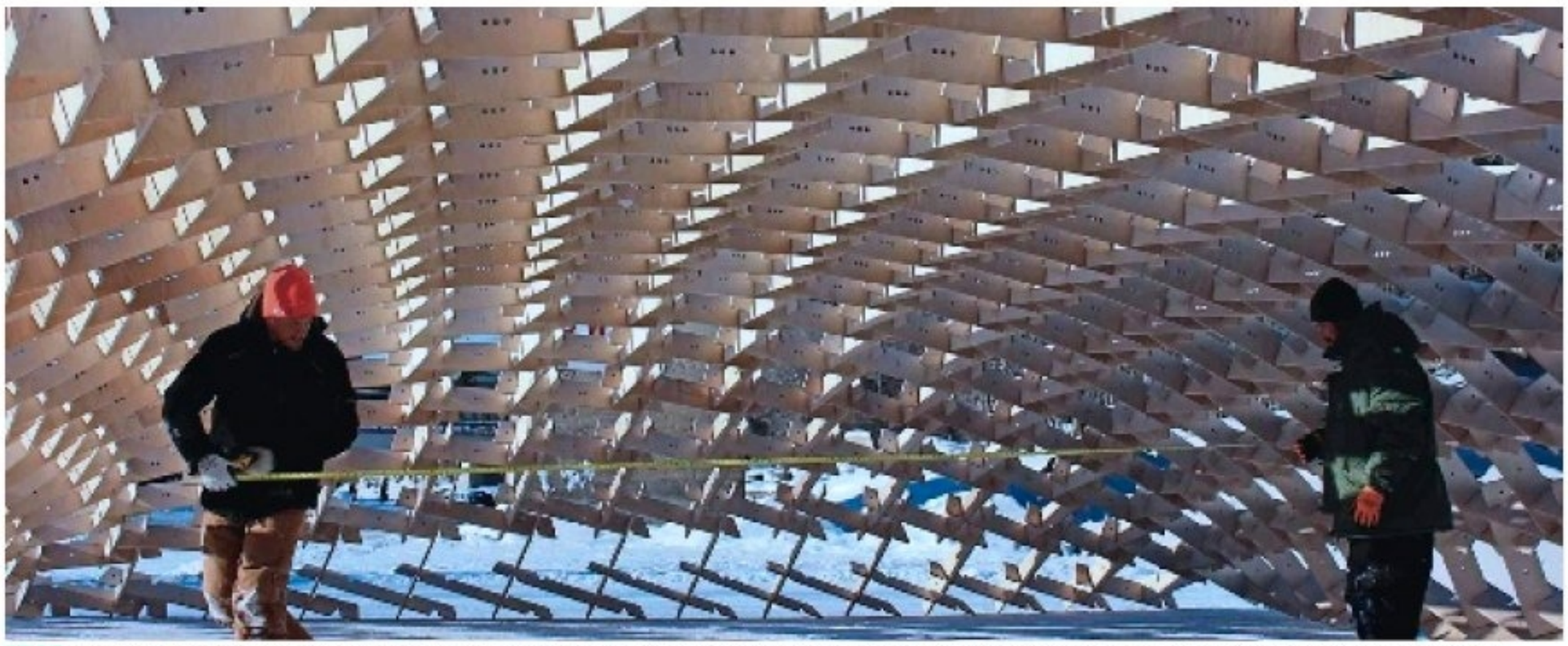
"It gives more teeth, more weight to a number of projects driven specifically for road safety," Escobar said.

During the next year, he said stakeholder consultation and collision data analysis will help inform much of the strategy, as will the international model of road safety best practice called Vision Zero.

Part of Lukes' inspiration in pushing for the strategy is Canada's Road Safety Strategy 2025–Towards Zero, which is based on Vision Zero ideology.

Rebecca Peterniak, a road safety specialist who will speak at a Vision Zero forum Lukes is hosting Jan. 30, said the key principal is "wherever people might fail, the road system shouldn't."

The "zero" in Vision Zero stands for zero deaths, which is a goal Escobar is prepared to work into the city's new strategy.



FOOD ANNUAL RIVER DINING RAW:almond's fifth year of presenting restaurant pop-ups on the river debuts Jan. 20 and workers are busy preparing the structure. JESSICA BOTELHO-URBANSKI/FOR METRO

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When to break a sweat in the cold

University professor Dr. Dean Kriellaars explains the upside of winter workouts.

BRAEDEN JONES METRO

For three of four seasons, Winnipeg is crawling with people walking, biking, running and generally keeping active outside.

But winter here is too cold for outdoor exercise, right?

Wrong, according to University of Manitoba professor, exercise physiologist and leading expert in physical literacy, Dr. Dean Kriellaars.

"It's not crazy," Kriellaars said. "There is virtually no temperature where you're not going to be able to get outside to train.

"The cardiovascular, cardiorespiratory systems are doing the same things they do in summer."

He admits it takes more preparation and gear, but winter workouts are not only possible, but hugely beneficial.

Take running for example. Kriellaars said winter's varied surfaces, extra clothing and temperature all play a role in challenging people's bodies in ways unique to the season.

"What people don't realize is that heavier footwear, tights, jackets, gloves, all that adds between one and two kilograms onto your body, so that's (extra weight) you're carrying," he said, adding that people also sweat about "one litre an hour when they're working out."

In the summer time, that litre of sweat evaporates, but in the winter it's added to the already increased load of extra gear as it's trapped and absorbed.

"By the end of an hour, run you're two to three kilograms heavier," Kriellaars said. "That's not trivial."

The significance of an added load is exacerbated by reduced traction, making the workout even more challenging.

He explained that a little bit of energy is lost on each step, as "different muscles sets" are engaged when the runner's body attempts to stabilize itself. The gait cycle is naturally shortened, necessitating a faster cadence.

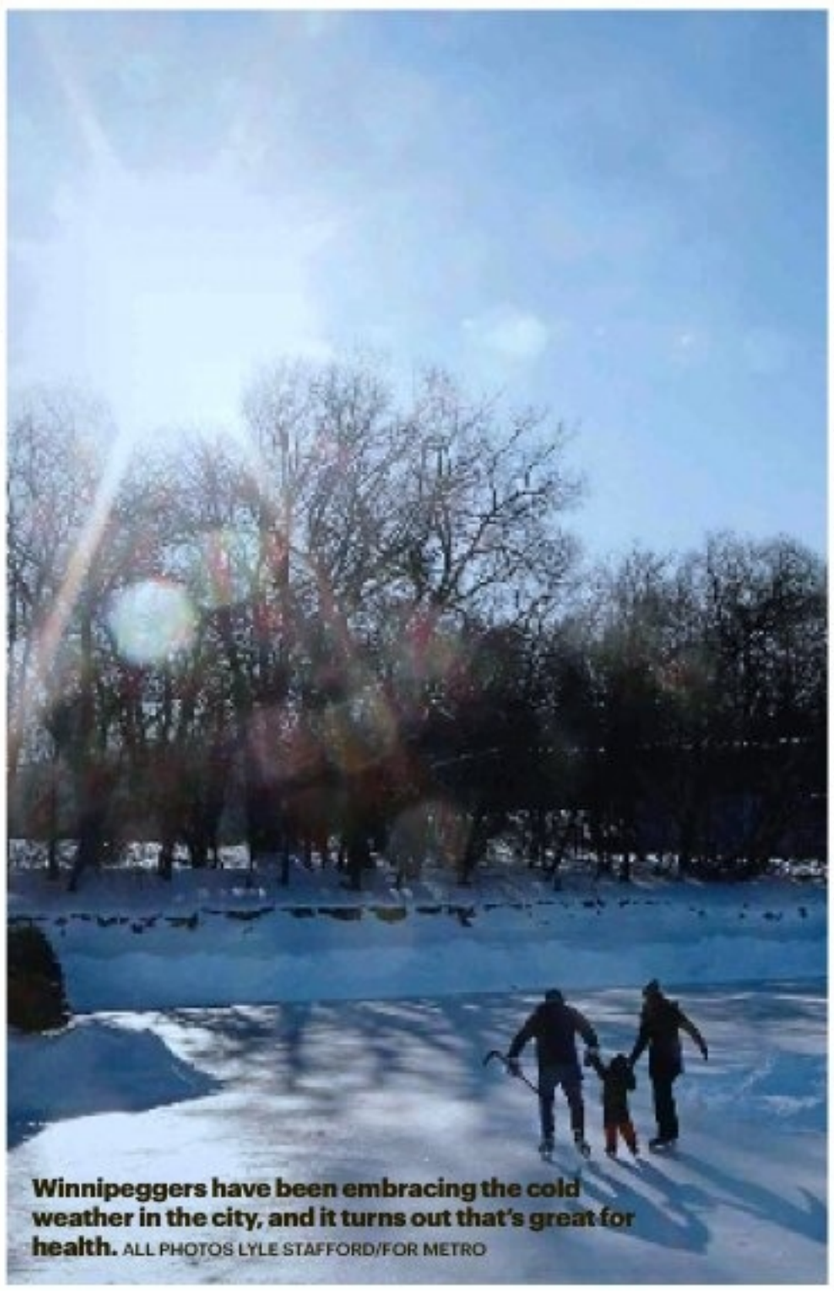
All of that added difficulty means exertion levels equal to warm weather workouts won't yield equal performance, so "you're going to be burning a lot more energy using different muscles to do the same pace in winter as you do in summer."

Matching summer pace, then, requires an effort that ups the ante considerably, while recruiting muscles that may be neglected in other seasons.

For non-runners, Kriellaars adds that even just walking in winter has unique benefits.

"The variety of moving patterns you have to adopt are different. That diversity protects you from falling (and) reduces injury rates," he said, adding that increasing exposure to different surfaces helps "train the brain" to read and react to them.

"It's a safeguard to have a good movement repertoire… the outdoors has that in spades."



Winnipeggers have been embracing the cold weather in the city, and it turns out that's great for health. ALL PHOTOS LYLE STAFFORD/FOR METRO

Going down to -45C

If you're going to exercise outside on Thursday, you'd be best to bundle up.

Another cold snap is in the forecast for southern Manitoba, as Environment Canada has issued an extreme cold warning.

A fast-moving cold front is expected to sweep over southern Saskatchewan and into the southern end of the keystone province on Thursday, bringing blowing snow and chilly winds.

Temperatures are expected to drop to -40C to -45C with wind chill in southern Manitoba, including Winnipeg, and the RMs of Woodlands, Rockwood, Rosser, West St. Paul, St. Andrews, St. Francois Xavier, Cartier, Headingly, Macdonald, Beausejour, Ritchot, Tache, Hanover and Ste. Anne.

Environment Canada issues extreme cold warnings when there's a higher risk of frostbite or hypothermia.

That means you should bundle up in layers – preferably synthetic or wool fabrics – and wear warm socks, gloves, a hat and scarf.

Winnipeggers can at least look forward to a warmer weekend, with glorious highs of -9C on Saturday and -5C on Sunday. LUCY SCHOLEY/METRO

Plenty of cool options

Whether it's a skate, snowshoe, ski or a regular after-dinner stroll, it's important to have that chilly active outdoor experience, according to a University of Manitoba physiologist.

Lucky for Winnipeggers, Dr. Dean Kriellaars said Manitoba is "ideal" for winter activities, offering a vast and diverse array of ways to move and sweat while surrounded by ice and snow.

Winnipeg's bike paths may not always be clear enough for all cyclists, but fat-bikers —those cyclists riding bikes with massively oversized tires —have access to groomed trails in Birds Hill Provincial Park.

Kriellaars regards snowshoeing as a good way to get a high-benefit, low-intensity workout in just about anywhere. Urbanites can pad down snow along the east bank of the Red River along Churchill Drive, plod about Fort Whyte, hit up Assiniboine Park or visit any of the city's other snowy parks.

For cross-country skiing, Kriellaars recommends the Windsor Park Nordic Centre, which has some of the longest lit and groomed trails around and rents out gear. A road trip to the Whiteshell Provincial Park or Beaudry Provincial Park can add variety for more avid skiiers.

Skiiers that prefer going downhill can easily get to the Spring Hill Winter Sports Park, the Stony Mountain Ski Area, Holiday Mountain, Falcon Ridge or venture further to spend a weekend at Assesippi.

Anyone with a pair of skates can get their outdoor exercise fix easily along the recently opened Red River Mutual trail, and there are outdoor rinks with nets at the Forks for shinny, too.

Runners can run on the unusually quickly cleared paths next to the river to stay a bit warmer in what Kriellaars calls a "wind shadow," but any treed trail area like the Seine River Greenway is similarly sheltered.

Whatever the activity, Kriellaars said getting active outside benefits the body and mind, improves health overall, prevents injury, and even fights off the winter blues.

"When people get outside we know their mood tends to be better." BRAEDEN JONES/METRO

HONOUR

Kenora to rename city street after late Jets superfan

A street being named after an NHL player is nothing new for Canada, but naming a street after an NHL fan might be.

The City of Kenora, Ont. has taken the first steps to honour late Winnipeg Jets superfan Len "Kroppy" Kropioski by giving the Norman neighbourhood's McQuillan Street his namesake.

City of Kenora spokesperson Heather Kasprick said the name change was discussed at Tuesday's council committee of the whole meeting.

"It was proposed that council consider changing the name to 'Kroppy's Lane' in honour and respect of Len Kropioski," she said, adding it will go before council for final consideration on Jan. 17.

The 98-year-old drove all the way from Kenora to Winnipeg for every Jets home game when his health permitted it, much to the delight of Winnipeg fans who cheered whenever he was shown on the MTS Centre's jumbotron.

He was also heavily involved in getting youth involved in sports in Kenora.

Kasprick explained that the suggestion to rename the street leading to Kropioski's house came from a member of the general public, and the timing could work out that, if approved, the street name may change before Kenora hosts the 17th annual Hockey Day in Canada event Feb. 15-18.

"This was not meant to be part of the Hockey Day in Canada event, but we brought it to council for consideration now so that if it passes, it would be in time," she said.

BRAEDEN JONES/METRO

Labour 'hero' faces deportation

IMMIGRATION

Migrant worker and advocate out of options

A migrant worker who has stood up for fellow workers and become a public face of the labour rights movement is facing deportation herself, caught up in the very rules she fought successfully to change.

Gina Bahiwal, 42, has run out of options and is scheduled for deportation to the Philippines on Sunday. She was left without status under the former Tory government's now rescinded "four-in-four-out" rules that banned migrant workers from Canada for four years after having worked here for four.

"I have been inspired by Gina's dedication and tenacity to fight for the rights of migrant workers. From advocating for their maternal rights to exposing the unscrupulous practices of migrant recruiters, Gina is one of our unsung heroes," said Chris Ramsaroop of the advocacy group Justicia for Migrant Workers.

Gina Bahiwal speaks before a parliamentary committee last year that led to changing rules.
TORSTAR NEWS SERVICE

Bahiwal, who has a university degree and worked as a social worker in the Philippines, came to Canada in 2008 under the temporary foreign worker program and worked in Ontario and British Columbia in vegetable packing on farms, hotel housekeeping and at a McDonald's.

She said she paid a Canadian recruiter $5,000 to find her a job in Leamington, Ont., packing tomatoes, peppers and cucumbers but found herself unemployed when she refused to pay another $2,200 to the recruiter to renew her work permit. She later found another job at a different farm.

> **I have been inspired by Gina's dedication and tenacity to fight.**
> Chris Ramsaroop

In 2012, when the Conservative government introduced the four-year ban on migrant workers, Bahiwal knew her days in Canada were numbered and decided to find another job that could potentially offer her a path to permanent residency here.

Bahiwal said she paid another recruiter $1,500 for a job as a housekeeper in B.C. She said she left after two years because she stood up for another migrant worker over her firing and the employer allegedly refused to sponsor Bahiwal's immigration.

Later she found a job at a McDonald's in Hope, B.C., and applied for permanent status in Canada under the provincial nominee program. However, her earnings did not meet the government's income eligibility threshold.

Although the Liberal government recently rescinded the four-in-four-out rules after a parliamentary review of the temporary foreign worker program, Bahiwal's work permit expired in October 2015 under the old regulations.

"Gina's case is different from other cases because of her advocacy work. She is the spokesperson for this vulnerable group," Bahiwal's lawyer, Richard Wazana, said.

TORSTAR NEWS SERVICE

FIRST NATIONS

Suicides show need for action, chief says

The deaths of two 12-year-old girls from a remote First Nation in northern Ontario are further evidence of the need for a national suicide strategy to help protect children across Canada, a prominent indigenous leader says.

One of the girls was found dead Sunday and the second one Tuesday in Wapekeka First Nation, an isolated community of about 360 people. The community is focused on ensuring there is enough support in place to stabilize the situation, said Nishnawbe Aski Nation Grand Chief Alvin Fiddler. A number of young people that have been identified as high-risk were flown out of the community, and there's reason to believe others may be at risk, Fiddler said.

"I did request the police to monitor the social media activity of these children and youth to try and detect if there is a pattern," he said.

In December, Fiddler called an emergency meeting with federal cabinet ministers and Assembly of First Nations National Chief Perry Bellegarde. THE CANADIAN PRESS

POLITICS

No 'quid pro quo' with Russia

Canada is rebuffing the Kremlin's thinly veiled overtures that it might be willing to lift a travel ban on new Foreign Affairs Minister Chrystia Freeland if it eases sanctions on Russia.

Joseph Pickerill, Freeland's spokesman, says Canada isn't interested in any bargaining on the subject.

"There is no quid pro quo for aggression and illegal action on their part," Pickerill said.

The Russian news agency Sputnik reported Wednesday that the country wanted to improve relations with Canada and end the diplomatic fight. Sputnik reported that a source told reporters, "We are ready to co-operate with Canada in all directions, improve relations and end the sanctions war. But we did not start it."

THE CANADIAN PRESS

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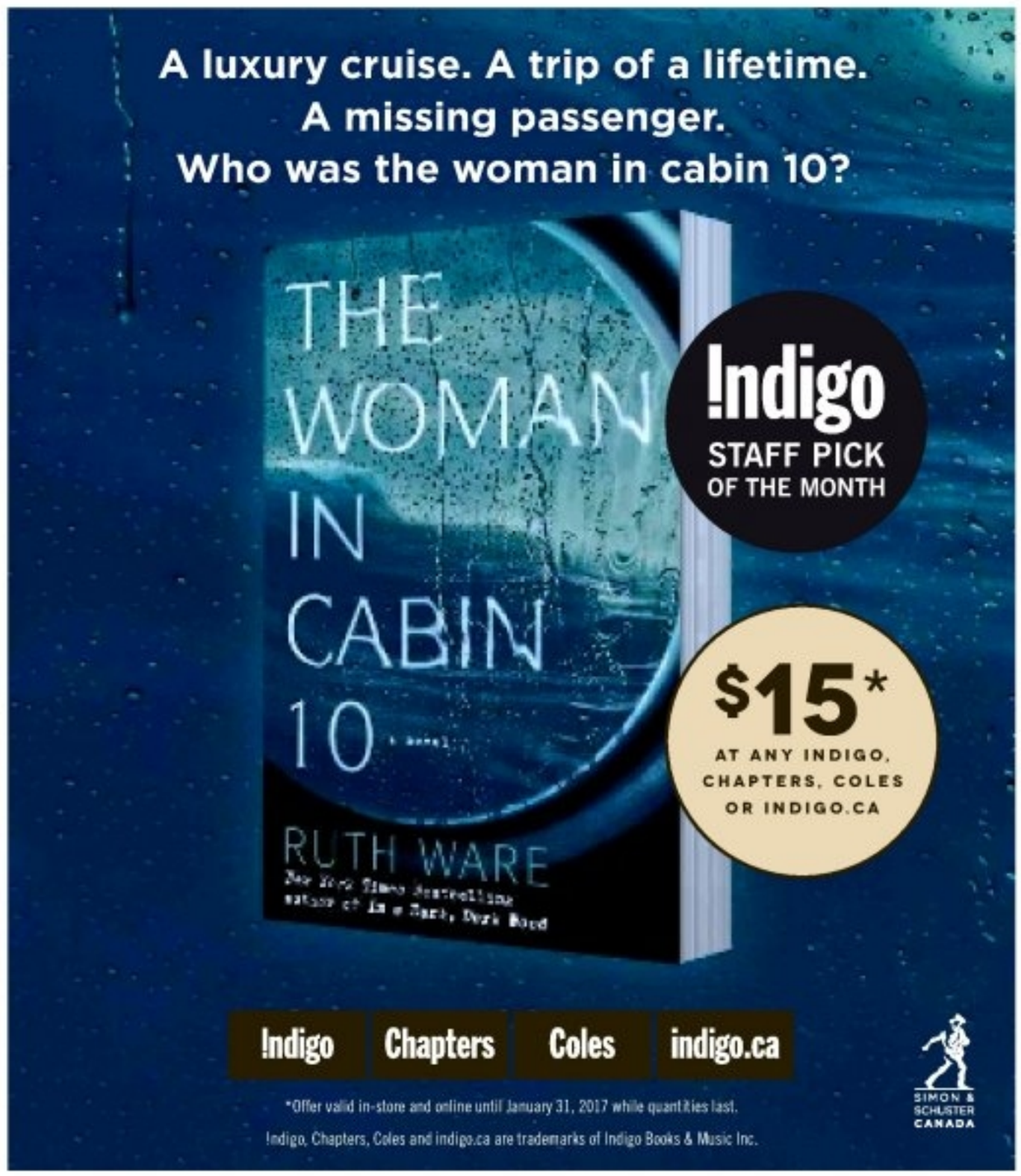
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SIMON & SCHUSTER CANADA

Russian report explained

Here's what you need to know about the explosive allegations

President-elect Donald Trump held a news conference in response to a shocking new wave of allegations that Russia collected information that could be used to compromise him. The allegations run from the time before Trump entered the political stage, when he developed business interests in Russia up to the 2016 U.S. presidential election.

WHAT ARE THE ALLEGATIONS?

The allegations are that Russia has collected compromising sex videos and personal information about President-elect Donald Trump. The allegations centre around memos delivered to Trump and out-going U.S. President Barack Obama last week by intelligence chiefs.

The memos suggest that for many years the Russian government has looked for ways to influence Trump. The memos describe videos involving prostitutes with Trump in a 2013 visit to a Moscow hotel. The videos were supposedly prepared as "kompromat," or compromising material, with the possible goal of blackmailing Trump. The memos also suggest that Russian officials proposed various lucrative deals, essentially as disguised bribes in order to win influence over the real estate magnate.

U.S. President-elect Donald Trump holds a press conference Wednesday. AFP/GETTY IMAGES

ARE THE ALLEGATIONS PROVEN?

No.

TRUMP'S REACTION?

On Tuesday night, Trump responded on Twitter: "FAKE NEWS — A TOTAL POLITICAL WITCH HUNT!" A spokesperson for the Russian government also categorically denied the allegations as totally false.

WHAT ARE ALLEGATIONS BASED UPON?

The memos were generated by political operatives seeking to derail Trump's candidacy. The summary of the memos was presented as an appendix to the intelligence agencies' report on Russian hacking efforts, sources told The New York Times.

WHO DREW UP ALLEGATIONS?

The memos were prepared mainly by a retired British intelligence operative for a Washington political and corporate research firm. The firm was paid for its work first by Trump's Republican rivals and later by supporters of Hillary Clinton.

WHEN DID TRUMP HEAR THEM?

Obama and Trump were presented with a summary of the unsubstantiated reports last week by the chiefs of the U.S. intelligence agencies, The Times reports.

TORSTAR NEWS SERVICE

Trump concedes role of Russians

In a combative and freewheeling news conference, President-elect Donald Trump said for the first time Wednesday that he accepts Russia was behind the election year hacking of Democrats that roiled the White House race. Looking ahead, he urged Congress to move quickly to replace President Barack Obama's signature health care law and insisted anew that Mexico will pay the cost of a border wall.

The hour-long spectacle in the marbled lobby of Trump's Manhattan skyscraper was his first news conference since winning the election in early November, and the famously unconventional politician demonstrated he had not been changed by the weight of his victory.

THE ASSOCIATED PRESS

POLISH FOREIGN MINISTER

Nation that wasn't there

The Polish foreign minister has been mocked on Twitter for saying he had a meeting with the representative of a nonexistent country as part of Poland's bid for a seat on the U.N. Security Council.

Witold Waszczykowski was in New York this week to lobby for a seat on the council from 2018-19. He told reporters while there on Tuesday that he had meetings with officials from nearly 20 countries, including some Caribbean nations "for the first time in the history of our diplomacy. For example with countries such as Belize or San Escobar."

There is no country called San Escobar. Waszczykowski explained Wednesday that it was just a slip of the tongue made while he was tired and that he had in mind Saint Kitts and Nevis, a two-island Caribbean country known in Spanish as San Cristobal y Nieves.

"Unfortunately after 22 hours in planes and several connecting flights you can make a slip of the tongue," Waszczykowski said.

That hasn't stopped an eruption of jokes under the hashtag #SanEscobar, including an invented flag and a slew of fake news. THE ASSOCIATED PRESS

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Workplace Education Manitoba

metro VIEWS
Your essential daily news
Thursday, January 12, 2017

BOB HEPBURN ON KEVIN O'LEARY

Because he isn't an official candidate yet, the celebrity entrepreneur is not required to state where he stands. Still, there are key questions for him to answer.

Kevin O'Leary is a real tease, isn't he?

For more than a year, the multimillionaire entrepreneur has been tossing out hints that he will run for the federal Conservative leadership, a move that has many party loyalists salivating.

Over that time, O'Leary, who became a national celebrity as a panelist on the CBC-TV program Dragon's Den, has met with dozens of federal MPs, has launched his own campaign-style website, O'Leary for Canada, has posted videos on his Facebook page denouncing Justin Trudeau and has created an exploratory committee with high-profile Tories, such as former Ontario premier Mike Harris. The list goes on.

But at times O'Leary has inexplicably pulled back, suggesting variously that the timing isn't quite right, or that the field of candidates is too crowded right now or that he needs a better sense of the true mood of party members.

It's enough to break the heart of any Conservative desperate to defeat Trudeau in the 2019 election and who looks with despair at the 14 candidates already in the Tory race.

O'Leary can continue to tease his fans until Feb. 24, the last day for leadership hopefuls to officially declare their candidacy.

The Conservatives tarred Michael Ignatieff with the 'Just Visiting' tag. Will O'Leary, who has said 'Boston is home,' also be 'just visiting'?

Because he isn't an official candidate yet, O'Leary is not required to state where he stands on any issue. Still, there are key questions for him to answer if and when he does enter the race. They include:

First, will you run in the 2019 election even if you lose the leadership race?

Given the timeline of when he must enter the race (Feb. 24) and when the leadership votes will be announced (May 27), O'Leary may well be a politician for barely three months. If he loses, he could easily slink back to Boston where he lives, having invested little time or money. Even if he wins the leadership, O'Leary could quit politics within three years if the Liberals are re-elected.

Celebrity businessman Kevin O'Leary speaks during a session entitled "If I run here's how I'd do it" during a conference in Ottawa in February 2016. THE CANADIAN PRESS FILE

Second, will you sell or put your businesses in a blind trust if you win the leadership?

O'Leary has a slew of various companies, including the O'Leary Financial Group, O'Leary Ventures, O'Leary Fine Wines, and others. To avoid potential conflicts of interest, many rich political leaders, including president-elect Donald Trump, have taken steps to insure they are squeaky clean in this area.

Third, will you move full-time to Canada rather than continue to split your time between here and Boston, where you have lived since the mid-1990s, if you win the leadership?

While O'Leary owns property in Toronto, he told Boston Magazine in 2013 that "Boston is home." It was the Conservatives who tarred former Liberal leader Michael Ignatieff with the "Just Visiting" tag when he came back to Canada after decades of living abroad to enter federal politics. Will O'Leary also be "just visiting"?

Fourth, will you release a full set of policy proposals during the leadership campaign?

So far O'Leary has spent much of his time bashing the Liberals over the economy and barely touching on any other issue, such as the Middle East, environment or social policy, such as assisted suicide.

Fifth, will you pledge to learn French even if you lose the leadership race?

Last year O'Leary, who doesn't speak French, casually dismissed the notion that a federal party leader should be bilingual. Now, though, he's reportedly hired a private French tutor and says he is "going to try" to learn the language.

If O'Leary does enter the leadership race, he may stand the best chance of winning.

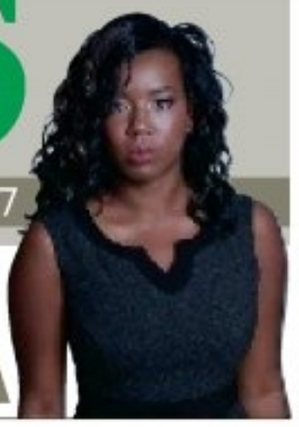
The reasons are obvious: a weak slate of opponents, his huge name recognition and his Trump-style tough-talking image that appeals to many voters. An indication of the size of O'Leary's following is the fact that his latest Facebook video, in which he attacked Trudeau on the economy, was viewed more than 144,000 times in the first 48 hours after it was posted.

Fact-checkers had a field day with that seven-minute video. Among the statements noted was one where he said Trudeau's cabinet "are all ex-Ontarioites under Dalton McGuinty." In fact, only 11 of 31 ministers are from Ontario and not one was a provincial MPP. Also, he said Canada's population is 34 million, when it is actually more than 36 million.

With six weeks to go before the deadline to enter the race, O'Leary has lots of time to craft replies to the key questions. His answers should reveal much about just how serious he is about being a full-time politician.

Bob Hepburn is a columnist for the Toronto Star.

VICKY MOCHAMA



Status of Women should not be where ministers go to rot

Justin Trudeau announced a reshuffle in the cabinet which included a reassignment for Maryam Monsef to the Ministry for the Status of Women. Several have described the move as a demotion. It's considered thus because the office doesn't have the power, prestige or budget of other government departments.

Yet the characterization rings hollow.

For Monsef, it's a lateral move. Let's not pretend that in her former post as minister for democratic institutions she was in any way central to conversations about war or taxes. On her biggest file — electoral reform — she seemed earnest but indecisive. That is if we're being generous.

That Status of Women is considered a step down tells us a lot about the actual status of women in Canada in 2016.

This new position actually gives her a slightly more robust portfolio with working relationships across the cabinet, such as with Justice and Indigenous Affairs, on the Missing and Murdered Indigenous Women inquiry. She is now in charge of a department with a dedicated staff, a budget and a wide-ranging brief.

From a thinly funded portfolio and the unfortunate task of exciting the populace about proportional representation, she now has far more power to compel policy.

Take, for example, gender-based analysis.

Since signing the Beijing Declaration and Platform for Action in 1995, the federal government has promised to implement gender-based analysis on all policy decisions. Last year, the auditor general revealed the practice has been inconsistent. Of 25 departments, six did not have a framework for gender-based analysis. The rest had partial or incomplete plans.

For two decades then (and counting), there has been a measurably incomplete commitment to looking at how policy impacts the lives of men and women. At present, our national picture of gender and policy is patchwork. This is where Status of Women steps in.

The mandate letter requires the minister to work the Privy Council Office to "ensure that a gender-based analysis is applied to proposals before they arrive at Cabinet for decision-making." With an additional $3 million in the ministry's coffers from the latest budget, there is now financial room for the incoming minister to make gender-based analysis a priority. From a doomed portfolio, she is now more than equipped to tackle the challenges at Status of Women.

Monsef's track record as minister of democratic institutions should, however, give the 50 per cent of women in the country pause. Despite the testimony of 200 experts and conversations with citizens who joined her as she toured the country, electoral reform is all but dead.

Her new job is not a demotion but it may yet prove an exercise in failing upwards.

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Metro's WOMEN'S MARCH SURVIVAL GUIDE

Tens of thousands of people are heading to the U.S. capital on Jan. 21 for the Women's March on Washington. Hundreds of cities are holding similar events in solidarity. Many will be attending a political rally for the very first time . **Genna Buck** asked the pros what you need to know.

Next week, the United States will be swearing in a president who has called women "cows" and "fat pigs," made fun of menstruation and bragged about sexual assault. The day after Donald Trump's inauguration, women will be descending on Washington D.C. to express their displeasure. But what do you pack for a march? What's the etiquette? We asked for tips from Tori Cress, a veteran indigenous political organizer in the Idle No More movement, and Marissa McTasney, who is organizing bus trips to D.C. from Canada. Here's their best advice, in a handy format you can stick on the back of a sign.

PACKING AND PREPPING

DON'T FORGET THIS STUFF — A CHECKLIST

- **Dress for the weather** In January, Washington D.C. is usually between -2 and 6 C and damp, so you'll need warm layers and winter boots you can walk in. Check the forecast to see if you need an umbrella, Cress said. McTasney recommends disposable hand warmers.
- **Have a smooth border crossing** Whether you're travelling by land or air, find out what you're allowed to take to the U.S. Have all your medications, passport, and travel documents in a safe and accessible place, like a zippered bag in your carry-on. You don't want to hold up your whole bus at the border, McTasney said.
- **Be comfy on the journey** The drive to D.C. could be 10 hours or more, depending on where you're coming from. So pack slippers, a blanket, a neck pillow and something to read, McTasney said.
- **Stock up on snacks and a water bottle** Choose things with protein to keep your energy up. Cress suggests granola bars, nuts, and jerky.
- **Phone, charger, and back-up battery:** Facebook Live is an increasingly popular way to broadcast in real-time. If you want to be able to stream at a moment's notice, it's a "no brainer" to make sure your technology is up to the job, Cress said. (Don't forget a data plan.)
- **WHAT NOT TO BRING** Avoid anything that could be interpreted as a weapon, Cress advised. Also, many items, including selfie sticks, large protest signs and backpacks bigger than 45x33x18 cm are banned from the actual inauguration ceremony.

A ROUGH GUIDE TO PROTEST

Tori Cress is a seasoned pro at political action. If you are attending a march next Saturday, here's her best advice:

KEEP UP TO DATE
Any last-minute changes are usually posted on whatever website or social media service the group is using to get organized, so check it often.

STAY OUT OF TROUBLE
Be aware of hangers-on around the sides of a march route, saying hateful things and trying to provoke a reaction and get you off-message. "Don't engage," Cress said.

RESPECTFULLY COEXIST
There are going to be large gatherings with many different groups with various agendas. "I usually just stick with my own crowd," Cress said. "We do all have our own issues, and they're all important. You don't want to try to make your issue more important. It's all white supremacy and patriarchy that we're fighting. It affects us in different ways."

FOLLOW THE LEADER
Stick to the route that's been planned, and if there's a designated person in your group who communicates with the local authorities or police, leave them to do it. "Trying to take the lead and step over organizers is a common mistake that new people make," Cress said.

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The evolution of a teenage queen

INTERVIEW

Victoria was tiny in stature but giant in her courage, force

Sue Carter
For Metro Canada

Jenna Coleman stars as the young Queen Victoria in the new series premiering Jan. 15 on PBS, which is based on Daisy Goodwin's take on the monarch's first three years in power. HANDOUT

In 2014, Daisy Goodwin was suffering through what Queen Elizabeth might call an *annus horribilis*. The British author and television producer found herself unemployed after being forced out of her own company, was diagnosed with a treatable form of breast cancer and, to top it all off, her house burned down in a freak accident.

Any one of those events would test a person's mettle, but Goodwin credits another female monarch, Queen Victoria, with getting her through one of the worst times in her life.

"Looking at a woman who had such incredible force and sense of self was rather encouraging," Goodwin says. "What I like about Victoria is that she's a flawed human being, but she has the courage to learn from her mistakes. She inspired me to write and to not indulge in self-pity."

Goodwin first became fascinated with the 19th-century British monarch back when she was a student in the early 1980s and discovered her journals at the Cambridge University library. As it turns out, Queen Victoria was a prolific, lifelong diarist who wrote more than a formidable 62 million words over the course of her life. In particular, Goodwin was struck by Victoria's early journals, which chronicles her crowning as monarch at the age of 18, her infatuation with the Prime Minister, Lord Melbourne, through the early years of her marriage to her first cousin, Prince Albert, to whom she proposed.

In those volumes, Goodwin discovered a "saucy, frisky, willful" self-possessed young woman, "quite interested in parties and boys and flirting, just like any teenage girl would be."

And so, still inspired 20 years later, and facing major personal obstacles, Goodwin began writing Victoria, a fictionalized take on the first three years of the Queen's reign. Goodwin initially conceived the story as a novel, then switched to a screenplay, which would eventually become the eight-part television series, also called Victoria, which debuts Jan. 15 on PBS.

> **She loved sex. Sex was terribly important to her.**
> Daisy Goodwin

For both the novel and series, Goodwin relied heavily on the journals, but also drew from memories of her own youth, and observations of her teenage daughter, who, like the Queen, is diminutive in stature.

"She's tiny but incredibly powerful as a character," says Goodwin (who wrote herself a cameo in the TV series as Lady Cecilia Buggins.) "I thought about what would happen if I woke up one morning and my daughter was the boss of everyone. It was quite terrifying."

Although the 2009 film The Young Victoria, starring Emily Blunt, was a critical success, the image of the youthful ruler has never really resonated in pop culture like other members of British royalty. Goodwin speculates it's because the historic images of the older woman are so powerful they're impossible to set aside. It's also difficult to imagine that Queen — whose iconic likeness graces park statues with her thick jowls and stern demeanor — as the same sexually open human Goodwin discovered in the diaries.

"She loved sex. Sex was terribly important to her and I think we forget her humanity in the image of her," says Goodwin, who also observed that Victoria never seemed concerned about her physical appearance because she had power. "When you're surrounded by teenagers who spend their whole lives checking how many likes they have on Instagram, it's glorious to write about a woman for whom that is not an issue."

Sue Carter is the editor at Quill & Quire magazine.

Q&A

'Look at her, I don't think so'

How Natasha Stoynoff's body image book project helped her through a fresh attack from Donald Trump

Canadian journalist Natasha Stoynoff has worked for People Magazine and the Toronto Star. Her latest project is Curvy and Confident, a Chicken Soup for the Soul book that collects women's personal stories about finding body confidence.

If her name sounds familiar, that's because she's the same People magazine reporter who, in October, publicly stated that Donald Trump assaulted her in 2005. We asked her about the book and how she's feeling as her alleged assailant is about to be sworn in as president.

What made a story stand out and make you know it needed to be included in the book?
There were so many great submissions. I felt so personally connected to them all. So many were starting out with struggle and pain. And then you really realize how much women punish themselves and hate their bodies. No matter what shape or size. We have to do something about it. So many stories ... illustrated the theme that so many women don't live moments of their lives, because they're covering their bodies. You don't go to a function because you don't have the right dress. You don't go to the beach or wear a bathing suit.

I can't help but notice the dissonance between the message of this book and your experience. Donald Trump responded to your allegations by saying "Look at her, I don't think so".
It was crazy. (The People piece was published) when we were in the last week of the book. I had just gone through all these stories about women baring their souls and being afraid of what people say about how they look.

Then the (Access Hollywood) tape came out, and a couple days later I saw what he said at the debate (that the tape was "locker room talk"). And I was just so upset at what he was saying. Working on the book actually gave me the strength to write about it.

When you're a woman it's a struggle anyway to feel confident about how you look. Like every other woman, I have ups and downs with my level of curviness and my level of confidence. And so it was very jarring to have the president-elect refer to my looks on international television. Strangely, it didn't hurt me too much. I think I'd been strengthened by the book.

Are you angry with the women who elected Trump?
It's complicated. First of all, I think a lot of people may have not believed the women who came forward (and accused Trump of assaulting them). And then the ones who did don't hold that sort of thing as a priority. There's some great saying about a lion being in a cage, and then you take the bars away but they still circle the parameters of the cage. I think (some) women aren't comfortable yet with a woman in power. GENNA BUCK/METRO

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Top wedding trends of 2017

A new year brings new ideas to the world of weddings. For couples wanting to sift through the constant change of what's hot, here are some nuptial styles on the rise in 2017

Johnna Ruocco

Going green

Adding greenery to different aspects of a wedding is taking off. Sometimes it's used on its own and other times in the florals, as table garland or lining the aisle.

Greenery adds a more organic vibe as the rustic feel is on its way out.

"It's very versatile and it adds a lot of lush, organic elements to weddings, it kind of makes a nice statement on its own," says Jennifer Bergman, of Jennifer Bergman Weddings in Edmonton.

Bold and bright

Brides are also moving away from some of the softer tones that have dominated over the past few years toward more bold colours and combinations.

Blush, gold and white will never go completely out of style, but now they're being paired with richer colours.

Greenery is a versatile wedding accent, adding a fresh lushness wherever it's used. ISTOCK

"We're combining that blush with deeper punches of burgundies or rich plums that kind of help to add that dramatic punch or a little bit of dimension."

More flexibility

There will be a decrease in intention and matching in the design of weddings, as brides move toward greater variety. This will not only involve less matching of bridesmaid's dresses to tablecloths, but the trend extends further to including several different styles of tables and centerpieces.

"They'll all co-ordinate, but they're a little unexpected and they add some interest to the design," says Bergman.

Destination Canada

Destination weddings are still popular, but due to the low Canadian dollar and concerns about the Zika virus, couples are looking for destinations in their own backyard.

"We've seen a huge shift away from going abroad and a lot of people are looking to stay closer to home," says Bergman. "Canada's so beautiful and we have so many cool places to go."

Popular Canadian destinations are the Rocky Mountains as well as several locations in B.C., such as on the coast of Victoria and the Okanagan Valley area.

Giving back

A growing trend is celebrations that are more about the guest experience.

"They're trying to make it less about themselves and more about just a celebration thank you to all the people that are important to them in their lives for supporting them in their relationship," says Bergman. "Which is a cool direction to go."

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One option to consider: an elegant garden reception under the stars. ISTOCK

Visual effects

Establishing the look and feel of the wedding before selecting a venue is crucial. Elise Schmitz, owner of Toast Events in Ottawa, suggests choosing a style and then picking a venue that complements the desired look.

For a design featuring a more relaxed or country feel, you don't want to be at a banquet hall in the middle of a downtown area.

"The venue that you choose should be one that you don't have to alter very much," Schmitz said. "It's better to play off of the venue itself."

All-inclusive packages

What's included with the venue is a significant contributor to making a decision. It's important to look at whether items like chairs or linens are included or if a caterer can be brought in.

"There's a lot of all-in-one venues that do provide these extra services."

In addition to budget, it can also create less stress on the big day if there are areas to get ready on site instead of having set times to be at a salon or get picked up by a limo service.

"You're on a schedule whereas if you're at a place that has sort of all-inclusive services in terms of the main parts of the day, it's a lot more stress-free."

Good vibes

An atmosphere that gives off the right vibe is important when selecting a venue.

"What they're considering in their venue is its uniqueness ... it has an intimate group atmosphere. Accommodations can be made to make guests feel more comfortable in terms of transportation and hotels.

"For a lot of people the weddings are the destination so they'll purposefully have it outside of (the city) where you're really removed from all of those outside elements," Schmitz said. "You really feel at a little mini-resort. A lot of people like that."

—JOHNNA RUOCCO

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

You just got engaged. Now what do you do?

GETTING MARRIED

Calm your nerves with these pro tips

Johnna Ruocco

Don't let the excitement of getting engaged keep you from starting to plan for your wedding day right away. ISTOCK

After getting engaged, couples may sit down to begin planning their wedding only to have no idea where to begin.

Want a wedding planner?

If you're going to hire a wedding planner, do so early on.

"Sometimes couples get going on things and then they get frustrated and that's when they call me," says Erica Irwin of Erica Irwin Weddings and Events in Ottawa. "If people are thinking of it, make that your first step instead of waiting."

In those situations, often couples have made bookings already when a planner could have either booked something different that better suits the couples' needs or they could have got a discount for the couple.

Keep in mind that most planners offer several services, including beginning-to-end planning or just helping out on the day of.

"A lot of it depends on the scope of your wedding, like if you have a lot of details to it then it's really hard to manage yourself," Irwin says.

Make a budget

Creating a budget is essential as it will give a couple an idea of what they can afford.

"That obviously will set all sorts of other priorities in their wedding planning," Irwin says. "Once you know your budget you can work from there."

A guest list is also important because no matter what type of wedding couples plan on having, the number of guests has a huge impact on their budget.

Book a venue

After the guest list, couples are going to want to start looking at venues, which are the hardest thing to book.

"If you want somewhere really special or really hard to book you might be booking two years in advance to get the dates you want," Irwin says.

If couples want a specific venue they should know they may have to be more flexible with their date.

Don't procrastinate

The biggest tip in what to do in the first few months after getting engaged is don't procrastinate.

"That's probably the worst enemy, just getting overwhelmed and procrastinating and spending lots of time on Pinterest instead of lots of time in your local community trying to figure out what's going to work for you," Irwin says.

Ultimately, there will be fewer options if couples delay too much and they may end up having to settle for something they don't want or that doesn't best suit their needs.

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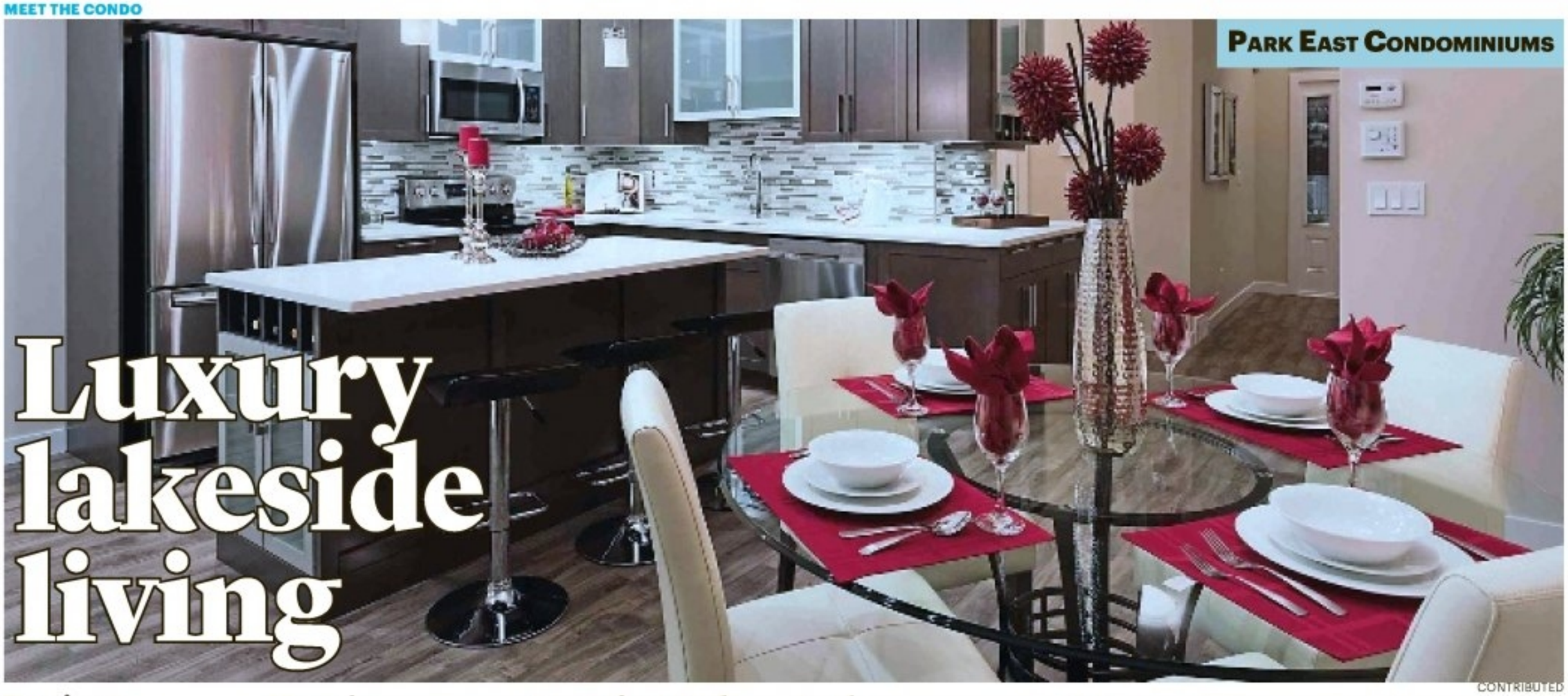

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Don't toss that poinsetta!

GARDENING

With some hard work, this plant will flower again

Contrary to popular opinion, poinsettas are not annuals and they can and will flower again. However, even experts concede that this does take a fair bit of work. ISTOCK

Poinsettias have become a best-selling potted plant, and are second in popularity only to Christmas trees during the holiday season. Unfortunately, they also are among the least understood.

They are not annuals. Poinsettias don't have to be tossed to the curb with the trees and tinsel once the celebrating is over. They can be restored to provide cheer for many more holidays, although it takes some work to make them colour up again.

"Poinsettias can be re-flowered for years," said Thomas Ford, a commercial horticulture instructor with Penn State Extension. "One former client I worked with in Maryland flowered his one poinsettia for over 10 years. It grew so large that he used his dining room as the display area for it."

Whether that kind of dedication is worth it, though, is an altogether different thing.

"I would say that the average consumer does not see any merit in keeping it for several years," Ford said.

"Overall, it is too time-consuming."

Poinsettias were introduced into the United States from Mexico roughly 200 years ago.

They are grown in several Central America nations as perennial shrubs reaching 10 to 15 feet in height.

DID YOU KNOW?
Poinsettias were introduced into the United States from Mexico roughly 200 years ago.

That doesn't mean they can be propagated even in the hottest parts of the U.S., however, said Peter Warren, a horticulture agent with University of Arizona Cooperative Extension.

"Poinsettias cannot tolerate frost or freezing temperatures, so places in southern Arizona and other parts of the South that occasionally experience cooler temperatures are not good places to grow them outside," Warren said.

Poinsettia's coloured leaves, or bracts, have been hybridized over the years into more than 100 varieties, from the traditional red to pink, white, cream, burgundy and variegated.

The plant's flowers are small, yellowish green and positioned deep within the bract clusters.

Here's a generally accepted seasonal time line for re-colouring poinsettias:

• Keep temperatures between 16 and 21 C from December to February.

Let the plants get as much sunlight as possible. Water them regularly.

• In March or April, as the bracts age and turn a muddy green, cut the stems back to about 8 inches high. "Around July 4, cut branches back again about half their length to encourage bushy plants," Warren said.

• From mid- to late October, the plants must be kept in complete darkness for 14 continuous hours each night.

"This can be done by moving the plant to a dark room or placing a box over it," Warren said.

"During this period, the plant requires six to eight hours of bright sunlight and night temperatures between 16 and 21 C.

"This regimen must continue for eight to 10 weeks in order for the plant to develop colourful bracts for the holiday season."

• The bracts should be developing some colour by mid-November.

• In early December, bract colouration should be almost complete and the plant can be restored to everyday light.

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Danault-Lehkonen double act sinks porous Winnipeg

NHL

Habs pair net brace each as Jets capitulate in the second

WEDNESDAY at MTS

7	4
CANADIENS	JETS

Phillip Danault and Artturi Lehkonen each scored twice as the Montreal Canadiens dominated the Winnipeg Jets in a 7-4 victory on Wednesday.

Al Montoya, playing against his former team, made 22 saves for the Canadiens (26-10-6).

Connor Hellebuyck allowed three goals on seven shots in his sixth straight start before being replaced by Michael Hutchinson late in the first period. Hutchinson stopped 19 of the 23 shots he faced.

Danault and Brian Flynn gave Montreal a 2-0 lead four minutes into the game on the team's second and third shots.

Tomas Plekanec and Sven Andrighetto, with his first of the season, also had goals for the Canadiens. Shea Weber had a pair of assists, while Andrighetto, Flynn and Lehkonen each added a helper. Mark Scheifele scored twice, Mathieu Perreault had a goal and assist and Bryan Little had his seventh of the season for Winnipeg (20-21-3). Drew Stafford picked up a pair of assists.

Danault began the game's scoring 57 seconds into the first period after the Jets lost a rebound, drawing loud cheers from fans clad in Montreal jerseys. Flynn made it 2-0 at 4:19, but Scheifele recorded his 18th goal of the season at 6:07.

The Jets then tied it 2-2 at 12:58 with Blake Wheeler's patient pass to Perreault as he was skating to the front of net.

But Montreal regained the lead 1:03 later when Plekanec took advantage of a loose puck behind the Jets' net and quickly fired a shot into the corner of the net at 14:01.

The goal signalled the end of Hellebuyck's night in net.

The Canadiens built a 5-2 lead in the second period, starting with another goal in the first minute. Winnipeg again lost the puck behind their net and Andrighetto tapped in a pass from Flynn at the 53-second mark.

Danault then skated down the entire ice with the puck and scored his ninth goal of the season for the 5-2 lead at 4:31.

After Winnipeg coach Paul Maurice called a timeout, Scheifele scored a power-play goal at 5:06 while Habs forward Torrey Mitchell was in the penalty box for delay of game.

Michael Hutchison let in four goals on 23 shots against the Canadiens on Wednesday night.

JASON HALSTEAD /GETTY IMAGES

Nikolaj Ehlers assisted on the goal, extending his point streak to six games with five goals and three assists. The Jets only had three shots on goal in the second period, with the Canadiens outshooting them 20-13.

Lehkonen tipped a goal through traffic at 4:10 of the third and then scored 11 seconds into a power play for the 7-3 margin at 9:05.

Little finished the scoring at 10:04 with a shot through Montoya's pads.

Montreal travels to Minnesota to take on the Wild on Thursday night, while the Jets embark on a three-game road trip starting Friday in Arizona.

THE CANADIAN PRESS

IN BRIEF

Broncos decide not to pass up Joseph again

A runner-up two years ago, Vance Joseph is John Elway's pick this time around.

"It's official. Excited to announce Vance Joseph as head coach of the Denver Broncos!" Elway tweeted early Wednesday afternoon.

Joseph impressed Elway in 2015 when Gary Kubiak got the job. Kubiak, 55, stepped down last week over health concerns.

THE ASSOCIATED PRESS

Southampton takes first leg over Liverpool in semis

Liverpool endured more cup frustration when Southampton won the first leg of their League Cup semifinal 1-0 on Wednesday.

Nathan Redmond capitalized on a mistake by Ragnar Klavan to score the only goal in the 20th minute and Southampton could rue not building a stronger lead to take to Anfield in two weeks' time.

THE ASSOCIATED PRESS

Manchester City faces anti-doping violation

The English Football Association has charged Manchester City with breaching anti-doping rules.

The FA says Pep Guardiola's team failed to ensure that information about players' whereabouts was accurate. City has been given until Jan. 19 to respond to the charge.

THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Succulent Chicken Paillard

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

It's freezing outside but you can still bring brightness to the table with this juicy chicken dinner.

Ready in 20 minutes
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 4 boneless, skinless chicken breasts
- kosher salt
- pepper
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocadoes, diced
- 2 tsps olive oil

Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound to 1/4-inch thick using a mallet or rolling pin. Season with salt and pepper.

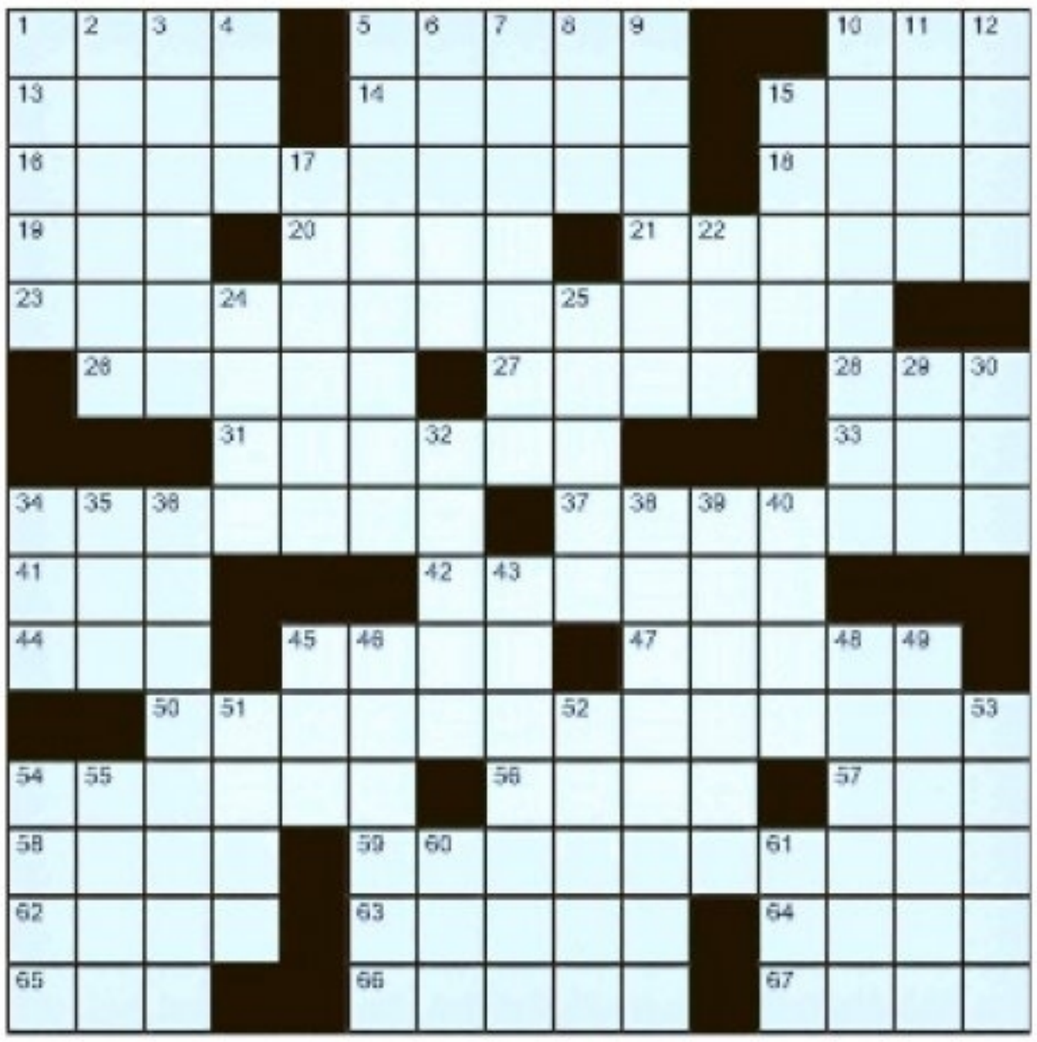
2. In large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.

3. Lightly oil grill grate or grill pan with oil-soaked towel. Grill chicken, turning once, until cooked through and grill marks appear, about 2 minutes per side. Transfer to a clean platter. (Or you can cook your chicken in a large cast iron skillet over medium heat. Warm 1 tsp oil and add two chicken breasts and cook 4 minutes on each side. Repeat with the last two breasts.)

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Post-Winters times [abbr.]
5. Appointed
10. Metric units, e.g.
13. "Able was I __ saw Elba."
14. Ms. Donovan of "Clueless" (1995)
15. Fearsome reptile, commonly
16. One saying "It's now 2pm ...and now it's 3:12pm ...7:23pm now...": 2 wds.
18. American chat host Kelly
19. Apricot-like Japanese fruit
20. Prefix to 'ology' (Study of the eye's iris in alternative medicine)
21. Rinsed, as with a solvent
23. Honour in 1995 for author Carol Shields for The Stone Diaries: 2 wds.
26. Buying-stuff place
27. __ River, of New York City
28. Hosiery glitch
31. Planets
33. 'Advert' suffix
34. Language spoken in Spain
37. Jewelled as Duchess Kate at a formally posh function
41. Princess Eugenie's sis
42. Schedule
44. Shortened sandwich
45. Pinnacle
47. Sub instrument
50. Canadian ballet legend who is an Officer of the Order of Canada: 2 wds.
54. "Makes sense to me now.": 3 wds.
56. Noon: French
57. Court
58. Rapper, Flo __
59. Astronauts' apparel: 2 wds.
62. Mr. Philbin, et al.
63. Printer need
64. Take off
65. Compass pt.
66. Soothsayers
67. Alberta town

DOWN
1. Get tables, chairs, etc. ready at the reception: 2 wds.
2. Canadian telecommunications provider
3. Make more cheese gooey again
4. "Sprechen __ Deutsch?"
5. Pretty close to being freezing: 2 wds.
6. "Kate & __"
7. "__ Pierce" (1945) starring Joan Crawford
8. WNW's opposite
9. Challengers
10. Standards/guidelines
11. Sulk
12. Carangid fish
15. Penelope of pictures
17. Lemon, in Longueuil
22. Sch. course, English __.
24. Cedar Rapids locale
25. Tomato __ (Pantry item)
29. Operate
30. "Waking __ Devine" (1998)
32. Cud-chewing creature
34. Fred __ (Cabaret lyricist)
35. Salt, in Montreal
36. Reality star Audrina
38. Those in the know about unknown information
39. Handsome fellow of ancient Greek mythology
40. Phoned
43. Relevant
45. Wood chopper
46. Treasure boxes
48. Freely/whenever you choose: 2 wds.
49. Entrenched
51. Those, in Spain
52. Kitchen gadget for potatoes despite its name
53. Sniffers
54. Hockey star Bobby's kin
55. Gets the horse going!
60. Edgar Allan's surname
61. Sci-Fi ride

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
A secret love affair might take you over the moon today. Yes, you might be swept away by the romance of it all! Others will be involved in pleasant secrets.

Taurus April 21 - May 21
You feel tenderhearted and supportive toward a friend today. In fact, some of you will feel so cozy with a friend that he or she could become a lover!

Gemini May 22 - June 21
Someone might ask for your creative input on something today. Meanwhile, some of you will strike up a new romance with your boss or someone in a position of authority.

Cancer June 22 - July 23
Because your appreciation of beauty is heightened today, let yourself enjoy beautiful places like parks, art galleries, museums and gorgeous buildings. It will please you.

Leo July 24 - Aug. 23
In discussions about how to divide or share something today, you feel generous toward others. This is good; nevertheless, don't give away the farm.

Virgo Aug. 24 - Sept. 23
Relations with partners and close friends are warm and friendly today. That's because you feel mutually sympathetic and understanding. Gosh.

Libra Sept. 24 - Oct. 23
Someone might ask for your advice at work today. There's no doubt that you will feel sympathetic to co-workers. You also will enjoy a chance to make your workspace look more attractive.

Scorpio Oct. 24 - Nov. 22
This is the kind of day where love at first sight might happen for some of you. You feel starry-eyed, vulnerable and ready for romance.

Sagittarius Nov. 23 - Dec. 21
Family discussions will go well today, because family members are sympathetic to each other. You also will enjoy redecorating or making your home look more beautiful.

Capricorn Dec. 22 - Jan. 20
You feel kindhearted to others today, especially siblings and neighbors. Meanwhile, many of you can make money from your words.

Aquarius Jan. 21 - Feb. 19
If shopping today, you will be tempted to be extravagant because it will be tough to resist elegance and luxury. Oh yes! That's why they call it luxury — and of course, it is irresistible!

Pisces
Feb. 20 - March 20
Today you feel very tuned in to the world, which is why you are sympathetic and open to everyone. You are very aware that kindness is important.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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3								9
	8			5			6	
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	1					9		
2		9		1				
	6		2		4			

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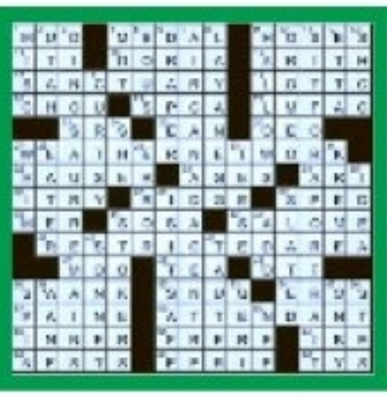

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9	7	6	8	5	4	3	2	1
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6	9	8	5	4	7	1	3	2
3	2	7	1	6	8	4	9	5
8	6	2	4	1	3	9	5	7
5	3	4	7	8	9	2	1	6
7	1	9	6	2	5	8	4	3

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